

Elder Mistreatment

Let's take action



The current crisis is creating situations that could lead to the elder abuse. At this time it is especially important to take care of each other. As a close friend, neighbor, or family member, you can take action and make a difference in stopping abuse.

1 Keep an eye open: Be sensitive to the signs and cues to look for, and be a good listener.

Some clues to look for. The person :

- Has injuries;
- Anxiety;
- Is isolating;
- Complains of discomfort;
- Does not have enough money for essential needs;
- Changes in behavior or habits.

2 Approach the subject: Talk openly with the person without rushing him/her, wait for the right moment (safety and respect), then validate and verify your concerns with the person.

Examples of questions to ask:

- How are you doing?
- Should I be worried about you?
- Is someone making you uncomfortable?

Attention: Check your concerns with the person or a someone close to them to avoid jumping to conclusions.

3 Remain open: Listen without judgment, maintain contact, and respect the person's pace. Trust the person if they confide in you and accompany them to services if they wish.

Examples of actions to take:

- Ask if the person agrees to talk to someone they trust, their doctor, a priest, a friend, etc.;
- Suggest accompanying the person to local services (elder's rights organization, community worker, etc.);
- Leave a reference number (Info-Social 811, the Elder Mistreatment helpline);
- Let them know that you are available at any time.

Need help?



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